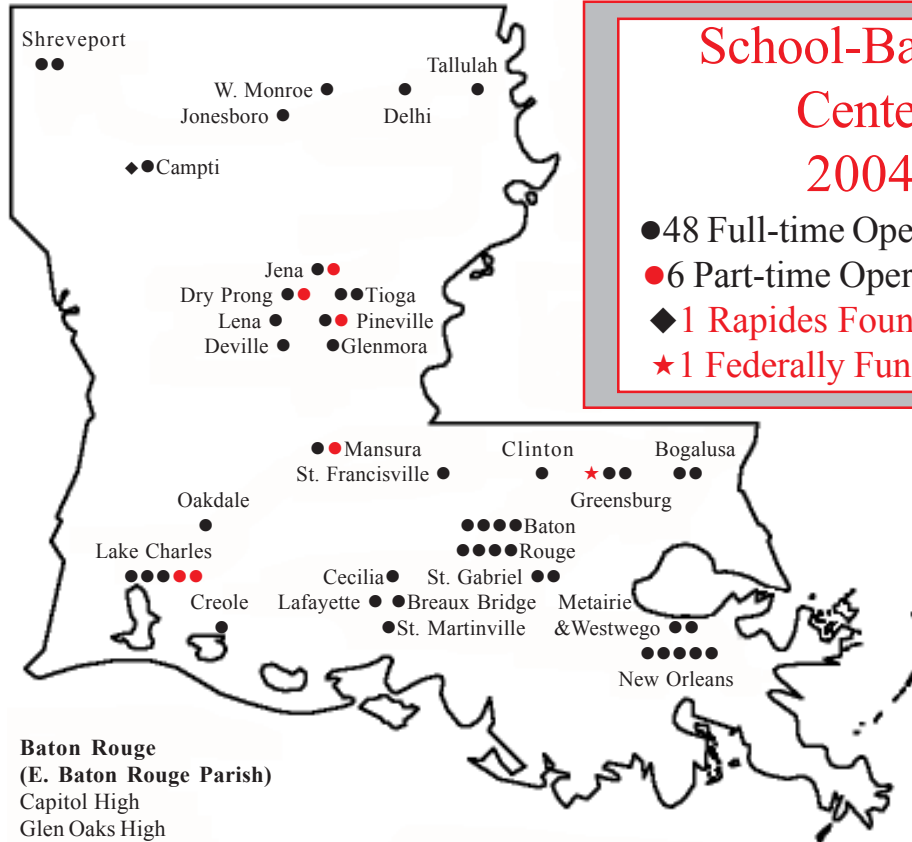


# Louisiana Adolescent School Health Initiative

## School-Based Health Center Sites 2004-2005

- 48 Full-time Operating Sites
- 6 Part-time Operating Sites
- ◆ 1 Rapides Foundation Funded Site
- ★ 1 Federally Funded Site



**Baton Rouge (E. Baton Rouge Parish)**  
 Capitol High  
 Glen Oaks High  
 Glen Oaks Middle  
 Istrouma High  
 Northeast Elementary  
 Northeast High  
 Prescott Middle  
 Westdale Middle

**Bogalusa (Washington Parish)**  
 Bogalusa High  
 Bogalusa Jr. High

**Breaux Bridge, Cecilia & St. Martinville (St. Martin Parish)**  
 Breaux Bridge Schools  
 Cecilia Schools  
 St. Martinville Schools

**Campti (Natchitoches Parish)**  
 Lakeview Jr. & Sr. High  
 Natchitoches Central High (Rapides Foundation Funding)

**Clinton (E. Feliciana Parish)**  
 Clinton Middle

**Creole (Cameron Parish)**  
 South Cameron High

**Delhi (Richland Parish)**  
 Delhi Jr. & Sr. High

**Denville (Rapides Parish)**  
 Buckeye High

**Dry Prong (Grant Parish)**  
 Dry Prong Jr. High  
 Pollock Elementary

**Glenmora (Rapides Parish)**  
 Glenmora Elementary & High

**Greensburg (St. Helena Parish)**  
 St. Helena Central Elementary  
 St. Helena Central Middle  
 St. Helena Central High (Federal Funding)

**Jena (LaSalle Parish)**  
 Jena Jr. High  
 Jena Sr. High

**Jonesboro (Jackson Parish)**  
 Jonesboro Jr. & Sr. High

**Lafayette (Lafayette Parish)**  
 Northside High

**Lake Charles (Calcasieu Parish)**  
 Clifton Elementary  
 Molo Middle  
 Washington-Marion High  
 Combre-Fondel Elementary  
 Ralph Wilson Elementary

**Lena (Rapides Parish)**  
 Northwood PreK-12

**Mansura (Avoyelles Parish)**  
 Mansura Middle  
 Avoyelles Charter

**Metairie & Westwego (Jefferson Parish)**  
 Bunche Middle  
 Butler Elementary

**New Orleans (Orleans Parish)**  
 Marion Abramson High  
 George W. Carver Sr. High  
 John McDonogh Sr. High  
 Lawless Sr. High  
 Booker T. Washington High

**Oakdale (Allen Parish)**  
 Oakdale Middle

**Pineville (Rapides Parish)**  
 Pineville Jr. High  
 Slocum Elementary

**St. Francisville (W. Feliciana Parish)**  
 Family Service Center

**St. Gabriel (Iberville Parish)**  
 East Iberville Elementary & High  
 Iberville Elementary

**Shreveport (Caddo Parish)**  
 Atkins Elementary  
 Linwood Middle

**Tallulah (Madison Parish)**  
 McCall Jr. & Sr. High

**Tioga (Rapides Parish)**  
 Tioga Jr. High  
 Tioga Sr. High

**W. Monroe (Ouachita Parish)**  
 Riser Middle

## OPH Funded SBHCs for the 2004-2005 Academic Year

Region	Parish	SBHC Location	Grades Served	# Schools Served	Total Student Enrollment	Total SBHC Registration	% SBHC Students Enrolled	Total Patients Served
I	Orleans	George W. Carver	PreK-12	2	1,477	1,363	92%	637
		Lawless Sr. High	7-12	2	802	665	83%	360
		Booker T. Washington	7-12	1	385	366	95%	365
		John McDonogh	9-12	1	1,334	1,191	89%	799
		Marion Abramson	9-12	1	1,527	1,527	100%	473
	Jefferson	Bunche Middle	PreK-5	2	654	610	93%	484
		Butler Elementary	K-9	4	2,041	1,403	69%	665
II	E. Felic. W.Felic. E.B.R.	Clinton Middle	6-8	1	280	271	97%	295
		Family Service Center	PreK-12	4	525	493	94%	1,290
		Istrouma High	9-12	2	748	730	98%	461
		Westdale Middle	6-8	1	774	668	86%	408
		Glen Oaks High	9-12	1	801	575	72%	414
		Glen Oaks Middle	6-8	1	784	617	79%	390
		Prescott Middle	6-8	1	717	663	92%	397
		Northeast Elementary	K-6	1	805	805	100%	470
		Northeast High	7-12	1	858	653	76%	489
	Iberville	Capitol High	PreK-5, 9-12	2	576	551	96%	307
		E. Iberville Elem & High	PreK-12	1	490	470	96%	361
		Iberville Elementary	PreK-3	1	720	617	86%	251
IV	St. Martin	Cecilia	PreK-12	4	2,403	2,244	93%	1,429
		Breaux Bridge	PreK-12	6	3,351	2,830	84%	1,562
		St. Martinville	PreK-12	6	2,645	2,645	100%	1,383
	Lafayette	Northside High	9-12	1	1,063	765	72%	560
V	Calcasieu	Washington-Marion	9-12	1	760	589	78%	458
		Clifton Elementary	PreK-5	1	350	350	100%	276
		Molo Middle	6-8	1	422	309	73%	248
		Combres-Fondel* & Wilson*	PreK-5	2	711	542	76%	466
	Allen	Oakdale Middle	5-12	2	773	741	96%	681
	Cameron	South Cameron High	9-12	3	350	341	97%	307
VI	Rapides	Buckeye High	7-12	1	772	743	96%	604
		Glenmora	PreK-12	2	669	668	100%	520
		Northwood	PreK-12	1	751	751	100%	606
		Pineville & Slocum*	PreK-8	2	1,020	979	96%	714
		Tioga Junior High	7-8	1	525	487	93%	416
		Tioga Senior High	9-12	1	875	788	90%	556
		Dry Prong Jr. & Pollock Elementary*	PreK-8	3	1,103	1,103	100%	857
	Avoyelles	Avoyelles Charter* & Mansura Middle	K-8	2	940	922	98%	882
	LaSalle	Jena Sr. High & Jr. High*	7-12	2	726	687	95%	599
VII	Caddo	Linwood Middle	6-8	1	802	665	83%	662
		Atkins Elementary	PreK-5	1	543	543	100%	512
	Natchitoches	Lakeview Jr. & Sr. High	7-12	1	612	577	94%	516

Region	Parish	SBHC Location	Grades Served	# Schools Served	Total Student Enrollment	Total SBHC Registration	% SBHC Students Enrolled	Total Patients Served
VIII	Ouachita	Riser Middle	PreK-8	2	1,782	985	55%	878
	Madison	McCall Jr. & Sr. High	6-12	2	1,324	1,205	91%	727
	Richland	Delhi Jr. & Sr. High	6-12	2	1,159	982	85%	802
	Jackson	Jonesboro Jr. & Sr. High	5-12	2	344	263	76%	287
IX	Washington	Bogalusa High	9-12	1	719	684	95%	518
		Bogalusa Jr. High	7-8	1	428	398	93%	334
	St. Helena	Central Elementary	PreK-4	1	615	596	97%	456
		Central Middle	5-8	1	373	361	97%	323
TOTALS		23 Parishes	54 SBHCs	87	45,208	39,981	90%	28,455

\* *Part-time Satellite Clinics*

## ***OPH Certified\*\* SBHCs Funded by Other Sources***

### ***St. Helena Central High School-Based Health Center Celebrates Its 6<sup>th</sup> Year of Service***

Since 1999, the St. Helena Central High School-Based Health Center has been a vital part of the community. Health Resources and Services Administration, Bureau of Primary Care made this possible by providing the funding necessary to operate the SBHC. St. Helena Central High's SBHC has proven to be highly valued by the students and community. This year alone have 74.2% of the students registered and 76.6% of the students utilize the SBHC.

### ***Natchitoches Central School-Based Health Center Moves Forward To Its 2<sup>nd</sup> Year***

In only its second full year of operation, the Natchitoches Central SBHC has been extremely busy. More than 80% of the student population is enrolled in the SBHC, with nearly 70% of the registered students being served. This year, the SBHC held many activities, such as a very successful health fair, New Lifestyles (a nutrition, fitness and wellness program), the TEAM program (healthy choices program), and an informational program on West Nile Virus. The SBHC also participated in the following national awareness weeks: Breast Cancer Awareness (the students learned the importance of self-exams), Yellow Ribbon Week (suicide prevention and awareness week), and Blue Ribbon Week (child abuse awareness and prevention). Pre- and Post-testing of the students showed increased knowledge as well changes in behavior due to the programs and activities offered.

Region	Parish	SBHC Location	Grades Served	Schools Served	Total School Enrollment	Total SBHC Registration	% SBHC Students Enrolled	Total Patients Served
VII	Natchitoches	Central High	9-12	1	1,280	1,039	81.2%	694
IX	St. Helena	Central High	9-12	1	380	282	74.2%	216
<b>Totals</b>	<b>2 Parishes</b>		<b>2 SBHCs</b>	<b>2</b>	<b>1,660</b>	<b>1,321</b>	<b>77.7%</b>	<b>910</b>

\*\* *Certified SBHCs are centers that are compliant with the Principles, Standards and Guidelines for SBHCs in Louisiana.*

## *Highlights From The Field*

*We regretfully inform you that some of the SBHCs featured in this report are not in operation at this time as a result of damage caused by Hurricanes Katrina and Rita. (These sites are indicated by the \* symbol.)*

### ***\*Abramson SBHC Moves into New Facility***

After years of accommodating students in very tight quarters, Abramson SBHC moved into a new facility on campus this year. This enabled them to serve more students in a very pleasing and welcoming environment.

### ***Atkins SBHC Implements Nutrition & Fitness Program***

Atkins SBHC embarked on a nutrition and fitness program, *Committed to Kids in SBHCs*. Melanie Petchak, NP, led the *Committed to Kids* adventure with help from Connie Aclin, Louisiana Ag Center, and Penny Pate, CHRISTUS Schumpert Wellness Center. Together they worked with 10 fourth graders with elevated body mass indexes (BMI) to educate on good nutrition, inspire to exercise, and motivate to keep fit. In January, these same students participated in *Lighten Up Louisiana for Kids* and finished 34th out of 285 teams that completed the program.

### ***Bogalusa SBHC Social Worker Honored***

KayKay Warner, social worker at the Bogalusa SBHCs, was the recipient of the prestigious Judge Richard Ware Award by the Children's Trust Fund.

### ***\*Booker T Washington Partners with Eyes Have It***

Booker T. Washington SBHC partnered with the *Eyes Have It* Program to screen and provide glasses to students. Care was coordinated for a new student to the district with a rare eye condition that leads to blindness. SBHC staff helped the student enroll in LaCHIP, arranged for special equipment, and assisted in enrolling the student in a local program for the blind.

### ***Clinton SBHC becomes a Federally Qualified Health Center (FQHC)***

Clinton SBHC in East Feliciana obtained FQHC status this year in addition to already being a CommunityCARE provider.

### ***Clinton SBHC Adds Dental Care***

This past School Year, 160 school children received dental screenings, cleanings, and sealants through the efforts of the Clinton SBHC. The dental program will expand next year to include all 1<sup>st</sup> and 2<sup>nd</sup> graders in East Feliciana Parish and also children in grades 6 through 8 at Clinton Middle School.



### ***CHRISTUS St. Frances Cabrini SBHC Director is Featured in Town Talk***

JoAnn Derbonne, director of the 15 SBHCs sponsored by CHRISTUS St. Frances Cabrini Hospital, was featured in the local paper in March, 2005. JoAnn urged all communities to become familiar with the advantages of having SBHCs.

### ***CHRISTUS St. Frances Cabrini Reduces School Suspensions***

The CHRISTUS St. Frances Cabrini SBHCs instituted an Anger Management/Conflict Resolution Program to decrease the number of suspensions in the schools they serve. As a result, suspension rates decreased by approximately 15 percent.

### ***CHRISTUS St. Patrick Hospital SBHCs Celebrate 10-Year Anniversary***

CHRISTUS St. Patrick Hospital celebrated the 10<sup>th</sup> anniversary of the opening of its first SBHC, Washington-Marion SBHC, with a legislative luncheon. Washington-Marion SBHC opened in April, 1995 and, since that time, five additional centers have opened.

### ***Delhi SBHC Implements Anger Management Program***

In partnership with Grambling State University, the Delhi SBHC provided a six-week program in anger management reaching over 130 students. The SBHC social worker shared the program she developed with over 50 professionals.

### ***Family Service Center Obtains Services of Child Psychiatrist and Child Psychologist***

Through a national grant, the LSU Health Sciences Center is providing mental health specialists to the Family Service Center (FSC) in West Feliciana as part of the Rural Trauma Services Center. The psychiatrist and psychologist consult with FSC mental health providers and provide assessment and counseling services to the students twice a month. In addition, they are available to the FSC providers for consultation by phone as necessary.

### ***Family Service Center Trains Schools for Emergencies***

The West Feliciana School Board, in consultation with the Family Service Center, purchased automated external defibrillators for each school and the central office. The FSC developed procedures for its use and trained school staff system-wide.



### ***G.W. Carver \*SBHC Is Awarded Juvenile Justice Grant***

With funding from a juvenile justice grant, the G. W. Carver SBHC partnered with Southern University in New Orleans to implement a violence prevention program, targeting students at risk for suspension.

### ***Glenwood SBHC Kicks Butt with Service Delivery & Nutrition Program***

The Glenwood SBHC was highlighted in the local paper, *News Star*, for the services provided and the positive impact the center has had on students. In addition, Glenwood SBHC partnered with the LSU Ag Center to provide a six-week nutrition course for students called the “Take Charge of Your Health” program. Fifteen students participated. They also hosted a three-day tobacco cessation and prevention event (Kick Butts Day) for school staff and the community.



### ***HCCS Staff Honored as Volunteers of the Decade***

The National Assembly on School-Based Health Care (NASBHC) honored eight of its members as “Volunteers of the Decade” in conjunction with the advocacy organization’s 10<sup>th</sup> anniversary celebration in Providence, Rhode Island. Dr. Holley Galland and Sue Catchings, both from Health Care Centers in Schools (HCCS) in Baton Rouge, were among the recipients.

### ***HCCS Participate in Mental Health Collaborative***

Istrouma High and Prescott Middle SBHCs participated in a national mental health and education collaborative with the NASBHC. The health teams from each school learned how to use a diagnostic tool called Teen Screen that focuses on depression and anxiety. The teams also instituted two research-based curricula that focus on assisting students dealing with stress and anxiety before they become depressed.

### ***E. Iberville SBHC Assures Sight for Students***

The East Iberville SBHC partnered with Sight for Students, a VSP charity that provides free vision exams and glasses to low-income, uninsured children. SBHC staff worked with school nurses to screen students for vision problems. Children found to have abnormalities were provided a gift certificate for comprehensive eye care services.



### ***Jackson Parish Hospital SBHC Employee Recognized for Outstanding Service***

Sandra Carter, nurse practitioner at Jackson Parish Hospital SBHC, was one of two women from Jackson Parish Hospital who received “Women at Work” recognition for outstanding community service. She was featured in the local newspaper, *Jackson Parish Independent*.



### ***Jefferson Parish SBHCs Provide On-site Psychiatric Services***

Bunche and Butler SBHCs teamed up with the local mental health agency, Jefferson Parish Human Services Authority, to provide psychiatric and mental health prevention services onsite.

### ***Bunche SBHC Boosts Immunization Rates***

Through the concentrated efforts of the Bunche SBHC staff, immunization rates increased from 12% to 95% during the 2004-05 school year.

### ***\*John McDonogh SBHC Gets Students “Link”ed***

The John McDonogh SBHC staff, working with the school nurse, successfully entered the immunization records of over 1500 students into LINKS, the statewide computer-based system designed to keep track of immunization records for patients. In addition, the SBHC became a LaCHIP Application Center and worked diligently to successfully enroll large numbers of eligible students throughout the year.

### ***Lawless SBHC Reopens After 2 Years***

The Lawless SBHC in New Orleans reopened this year under the new sponsorship of the Medical Center of Louisiana at New Orleans, increasing the total number of SBHCs in the state to 56.

### ***\*Lawless SBHC Nurse Practitioner Recognized as Heroine***

Enid Broyard, nurse practitioner at Lawless SBHC, was first on the scene when a student was shot just outside the school. She is credited with saving his life by starting an IV, and attending to him until the paramedics arrived.

### ***Northside SBHC Educates Student Body***

The Northside SBHC medical staff played an integral part of the classroom health education course this year, giving lectures on reproductive health and the digestive system. The social worker provided self-defense classes in partnership with the local sheriff's department. She also did seminars on bullying, stress management and yoga for the student body.

### ***Oakdale SBHC Implements Dental Sealant Program***

The Oakdale SBHC spearheaded a community dental initiative this year. They provided dental screenings to 231 2<sup>nd</sup> and 6<sup>th</sup> graders and found that 46% of the children had untreated decay. They were able to apply dental sealants to 192 of these students as a preventive measure to prevent further decay.

### ***Reuben McCall SBHC's Annual Mock Crash Saves Lives***

The Reuben McCall SBHC in Tallulah, along with their multiple community partners, again staged a mock crash this year as a pre-prom and pre-graduation activity to prevent drinking and driving. This year's crash featured a freight train. Law enforcement in Tallulah reports that since the inception of this annual event, there have been no prom/graduation driving-related fatalities in the community.

### ***Reuben McCall SBHC Director Also Promotes Senior Citizen Health***

Hazel Suluki, director of the Reuben McCall SBHC, has implemented an early morning walk and exercise program for seniors on the school campus.



### ***St. Helena Middle SBHC Addresses Teacher Concerns***

At St. Helena Middle School, teachers and FINS staff expressed concern over disruptive behavior in the classroom. In response, Christy Denicola, the SBHC social worker, worked with groups of students identified by teachers on anger management. Teachers soon noticed improved behavior in the classroom. Lisa Burns, SBHC RN, conducted an immunization drive to assure that middle school students were immunized against tetanus, varicella, and hepatitis B. To accomplish this, 25% of students enrolled in the SBHC received vaccinations.

### ***St. Helena Elementary SBHC Works To Prevent Childhood Obesity***

SBHC staff partnered with LSU Ag Center and Blue Cross Blue Shield to implement Smart Bodies in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grades at the elementary school. Smart Bodies is an interactive classroom project to prevent childhood obesity.

### ***St. Martin SBHCs Partner with Medicaid Nurses to Address Asthma***

The Medicaid CommunityCARE nurses partnered with staff at the three SBHCs in St. Martin Parish this past year to provide asthma education to asthmatic students. The Medicaid nurses noted that patient compliance, follow-up and parental involvement were all greatly enhanced by working with the SBHCs. The Medicaid nurses plan to work with additional SBHCs in the coming year.



## ***SBHC Funding History***

<b>Fiscal Year</b>	<b>Funding Source</b>	<b>Number of SBHCs</b>
1987-88 1989-90	RWJ grant Louisiana Legislature asks OPH to study SBHC expansion	2 in Baton Rouge 1 in New Orleans
1990-91	Adolescent School Health Initiative Act passes, authorizing OPH to develop SBHCs	



1992-93	Maternal and Child Health (MCH) Block Grant	Affiliation established with 1 SBHC in W. Feliciana & the 3 RWJ SBHCs
1993-94	MCH Block Grant	5 new SBHCs open in rural & inner city urban areas
1994-95	MCH Block Grant; \$1.6 million in one-time state funds; Child Care & Development Block Grant for day-care activities; RWJ Making the Grade Planning Grant	1 new SBHC opens; 14 in planning stages; 10 supportive projects
1995-96	MCH Block Grant; \$2.5 million in state budget; RWJ Making the Grade Planning Grant	5 new SBHCs open; 8 continue planning
1996-97	MCH Block Grant; \$1.6 million RWJ Foundation Implementation Grant; \$2.65 million State Legislative Appropriation	23 operational SBHCs 8 planning for 1997-98 operation
1997-98	MCH Block Grant; Continuation of RWJ Foundation grant; Continuation of State Legislative Appropriation	30 operational SBHCs 7 planning for 1998-99 operation
1998-99	Continuation of existing funding sources; additional \$600,000 in State Legislative Appropriation	35 operational SBHCs
1999-00	Last year of RWJ Foundation Grant; Continuation of MCH Block Grant & State Legislative Appropriation; Additional \$1,018,176 in State Legislative Appropriation	40 operational SBHCs
2000-01	Continuation of MCH Block Grant & State Legislative Appropriation; Additional \$1,618,588 in State Legislative Appropriation	47 operational SBHCs 6 planning SBHCs
2001-02	Continuation of MCH Block Grant & State Legislative Appropriation; Additional \$820,000 in State Legislative Appropriation	53 operational SBHCs
2002-03	Continuation of MCH Block Grant & State Legislative Appropriation. \$100,000 in Prevention Block Grant to implement the <i>Best Practices for Prevention in SBHCs</i> Initiative	51 operational SBHCs
2003-04	Continuation of MCH Block Grant, Prevention Block Grant, & State Legislative Appropriation. Additional \$264,800 in State Legislative Appropriation	53 operational SBHCs
2004-05	Continuation of MCH Block Grant & State Legislative Appropriation.	54 operational SBHCs
2005-06	Continuation of MCH Block Grant & State Legislative Appropriation.	53 operational SBHCs projected

# *Louisiana Standards for School-Based Health Centers*

## *Primary Goal*

- ❏ To provide convenient access to preventive and primary health services for students who might otherwise have limited or no access to health care.
- ❏ To meet the physical and emotional health needs of adolescents at their school sites.

## *Community Participation*

All health centers must originate as a community initiative. State funding is dependent upon evidence of broad community participation.

## *Sponsoring Agency*

The sponsoring agency must be either a public or a private non-profit institution locally suited and fiscally viable to administer and operate a health center serving the needs of adolescents (i.e., health center, hospital, medical school, health department, youth serving agency, school or school system).

## *School and School District*

The host school should agree to work cooperatively with its health center, particularly in developing and implementing a full-scale coordinated school health program. School board approval is a prerequisite for a grant of state funds for planning or operation.

## *Services*

A SBHC must offer comprehensive preventive and primary health services that address the physical, emotional, and educational needs of its student population. Services provided should include medical screenings; treatment for common illnesses and minor injuries; referral and follow-up for serious illnesses and emergencies; on-site care, consultation, referral and follow-up for pregnancy, chronic diseases and disorders, and emotional and mental problems; comprehensive physicals; immunizations; laboratory testing; and preventive services to reduce high-risk behaviors.

## *Parental Consent*

A parent or guardian must sign a consent form, approved by school authorities, for a student to receive health center services. Parents may indicate which services they do not wish their children to receive at the centers.

## *Operating Policies*

The hours of operation should ensure that students have easy access to the center's services. In general, a SBHC should have both before and after-school hours and should operate for some period of time during the summer.

Every school-based health center is required to promote abstinence. Centers are prohibited by state law from distributing contraceptives or abortifacient drugs or devices, and from counseling or advocating abortion, or referring any student to an organization for counseling or advocating abortion.

## *Staffing*

Services at the school health centers are provided by multi-disciplinary teams including physicians, nurse practitioners, registered nurses, and licensed mental/behavioral health professionals. In addition, the SBHC is staffed with a medical office assistant and an administrator.

## *Selection Criteria*

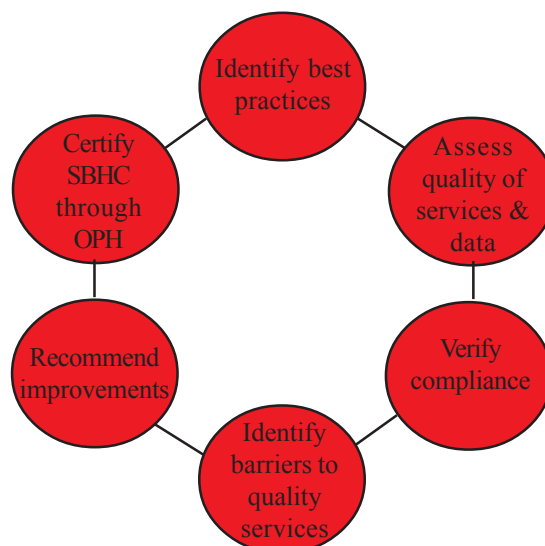
The Adolescent School Health Initiative (ASHI) seeks to provide services to young people with limited or no access to health care providers. Grants are made through a competitive call for proposals process with decisions based upon the socioeconomic and health needs of the student population to be served, the health services available in the communities, the level of community support, the likelihood of success in developing and operating SBHCs that will fulfill its service objectives, and the working relationship between the schools and health care communities.

## *Continuum of Care*

Centers must execute cooperative agreements with community health care providers to link students to support and specialty services not provided at the school site. Centers must arrange 24-hour coverage, ensuring that students have access to services during non-operating hours, including nights, weekends, holidays, and summer vacation.

# *Continuous Quality Improvement (CQI) Program*

## *Purpose of CQI On-Site Reviews*



## *CQI Tools*

### **LAPERT I**

focuses on verifying the SBHC self-reported performance in 3 areas: administrative, medical, and behavioral health.

### **LAPERT II**

focuses on core sentinel conditions and consists primarily of patient chart audits and data management assessment.

## *Results of CQI*

Seven SBHCs underwent a rigorous, on-site quality assurance review this past year as part of the Adolescent School Health Initiative (ASHI) CQI. At three of those sites the new CQI tool, based on the National Assembly on SBHC's tool, was utilized. The new tool focuses on core sentinel conditions, such as comprehensive physical exams, immunization rates, asthma management, data management, academic achievement, and health insurance enrollment. Improvements continue to be measured.

- Overall immunization rates improved significantly. When randomly selected charts were audited, the number of students with up-to-date immunizations increased from 58% in the first quarter to 82% in the fourth quarter.
- Rates of uninsured students decreased from 16% to 14% over the course of the school year.
- For students receiving a comprehensive exam, ≥ 90% of charts audited had documentation of a tobacco screening and, if necessary, counseling to address tobacco use.
- Of random charts audited during site visits, ≥ 80% had a yearly height, weight, blood pressure and body mass index documented.
- SBHC staff work closely with school personnel and have been able to document improved grades for students who were previously struggling.

## ***Best Practices for Prevention in SBHCs***

### ***Type 2 Diabetes Screening and Management***

Until recently type 1 diabetes was the only form of diabetes prevalent in adolescents and children, with only 1-2% of this population being affected by type 2 or other rare forms of diabetes<sup>1</sup>. Recent studies show that type 2 diabetes is increasingly becoming a disease that affects adolescents and children. These reports show that between 8-45% of newly diagnosed cases of diabetes in this population are affected by type 2 diabetes.<sup>1</sup> Based on this disturbing trend, SBHCs began instituting a type 2 diabetes screening and management program in 2002-2003 for children and adolescents.

The objectives of this program are:

1. To identify children and adolescents with type 2 diabetes among at-risk students seen at Louisiana SBHCs, and
2. To prevent/delay the complications associated with type 2 diabetes through early identification and treatment.

The overall goal of the program is to reduce the number of undiagnosed cases of type 2 diabetes in at-risk students seen at Louisiana SBHCs.

### ***Results***

During the third year (2004-2005) of the diabetes screening and management program, 1,728 at-risk students were screened. Of these patients, 0.6% tested positive for type 2 diabetes. These students were immediately referred to either their primary health care provider or a clinician either inside or outside the SBHC for treatment and close follow-up.



### ***Obesity Evaluation and Management***

The percentage of children and adolescents who are overweight or obese are at the highest rate it has ever been. Nationally in 2002, 30.3% of children (age 6-11) and 30.5% of adolescents (age 12-19) were considered overweight while 15.3% of children and 15.5% of adolescents were considered obese.<sup>2</sup> Poor dietary habits and inactivity are the largest contributors to this troubling trend.

Many adverse health and psychological effects are associated with overweight and obesity in children and adolescents such as hypertension, type 2 diabetes, sleep apnea, asthma, and depression. Overweight or obese conditions during this vulnerable time period also lead to increased morbidity and mortality in the person's adult life. ASHI and the Louisiana SBHCs responded to this epidemic in 2003-2004 by implementing a weight management program called *Committed to Kids*.

## ***Best Practices for Prevention in SBHCs Continues...***

### ***Obesity Evaluation and Management***



This program was developed by LSU Health Sciences Center and was streamlined for adaptation in the SBHCs. It involves a multidisciplinary team including medical, mental health, nutrition, and physical fitness professionals. This team is assisting participants in reducing their body mass index (BMI) and leading overall healthy lives. Since the program's inception in 2004, over 75 students have participated in the program.

### ***Results***

Of the students enrolled between 2003-2005, 16.4 % have reduced or maintained their BMI, 22.3% reduced or maintained their waist circumference, and 23.8 % reduced or maintained their hip circumference<sup>3</sup>.

In addition to the success with weight loss and maintenance, participants' knowledge and activity levels also increased. Post test of the 1<sup>st</sup> year participants confirmed that 100% of participating students increased their knowledge of proper and adequate nutrition and 83% of participating students increased or maintained their activity level compared to baseline. Data will continue to collect and be analyzed the coming years. The plan is to expand the program to include more SBHCs to join in the fight to combat childhood obesity.



### ***Best Practice for Hypertension Guidelines Revised***

In August, 2004, the journal of *Pediatrics* released an article entitled: "The Fourth Report of the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents."<sup>4</sup> Based upon the new recommendations in this report, the Blood Pressure Screening Best Practice Guidelines were revised and are now being implemented in all the Louisiana SBHCs.

<sup>1</sup> American Diabetes Association (2000). Type 2 Diabetes in Children and Adolescents. *Diabetes Care*. 23(3), 381-389.

<sup>2</sup> American Obesity Association (n.d.). AOA fact sheet: Obesity in Youth. (Online), August 8, 2005.  
[http://www.obesity.org/subs/fastfacts/obesity\\_youth.shtml](http://www.obesity.org/subs/fastfacts/obesity_youth.shtml)

<sup>3</sup> The results are taken from students who participated in Committed to Kids and for whom data is available.

<sup>4</sup> National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents (2004) The Fourth Report of the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents. *Pediatrics*. 114, 555-576. <http://pediatrics.aappublications.org/cgi/content/full/114/2/S2/555>

## *Value Added Services*

When one thinks of a School-Based Health Center they are likely to think about the day-to-day duties surrounding the provision of primary care, preventive health, and mental health services. SBHCs do much more to influence proper oral, mental and physical health. For example, several of the SBHCs offer dental services for children and adolescents, providing dental exams, sealants, and oral health care instruction.

Most of the SBHCs are LaCHIP enrollment centers. Staff members assist eligible families in the enrollment process for the Louisiana Children's Health Insurance Program, thereby decreasing the number of uninsured children throughout the state. Thus far, SBHCs have been successful in contributing to the increased number of insured children in Louisiana.

In addition, to successfully address the many risk behaviors of adolescence, SBHCs have implemented a wide range of educational programs designed to provide students with the knowledge and skills to make wise decisions. The majority of these programs are implemented in small groups, however classroom education and large group education are also popular venues. The most common educational program offered addresses life skills. In these programs, students acquire skills that help them successfully manage everyday life situations.

Nearly 60% of SBHC sponsors provide fitness and nutrition programs in order to address the growing concern of childhood obesity. (Please see page 12 for more information about *Committed to Kids*, one of the fitness/nutrition programs). More than half of the SBHC sponsors are addressing substance abuse prevention.

Through the dedicated work of the nurses, nurse practitioners, social workers, and health educators, the SBHCs are providing the youth of Louisiana with a strong foundation to become active, healthy, educated young adults.

### *Percent SBHC Sponsors Providing Educational and Health Programs*

